




December Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

The meal is served at Noon. Reservations must be made at least 48 hours in advance.
\$4.68 per person per meal. Milk, juice and bread are offered each meal. **Menus are subject to change.**

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> |
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| 4 Meatball Sub Navy Bean Salad Broccoli Cuts Mandarin Oranges | 5 Vegetable Soup Turkey & Swiss Sandwich Grape Tomato Salad Orange Tuesday Night: Supper Club | 6 Beef Stroganoff Buttered Noodles Mixed Vegetables Tropical Fruit | 7 Multi Bean Soup Tuna Sandwich Baby Carrots Peach Crisp Cinnamon Apples |
| 11 Pulled Pork BBQ Midwest Baked Beans Coleslaw Pineapple Tidbits | 12 Chicken Cacciatore Brown Rice Pilaf Romano Blend Vegetables Diced Peached Tuesday Night: Pizza | 13 Hamburger Sauerkraut Midwest Baked Beans Apple Crisp | 14 Lunch with Nurse Steve Reservations Due 12/6 Tomato Soup Old Bay Grilled Chicken Fresh Pepper Slaw Sliced Apples |
| 18 Hearty Beef Stew with Mixed Vegetables and Potatoes Chilled Peached | 19 Baked Pork Chop Braised Cabbage Glazed Carrots Fruit Cocktail Tuesday Night: Soup/Sandwich | 20 Bring Your Own Lunch  | 21 Holiday Luncheon Reservations Due 12/13 Roast Beef Green Bean Almandine Fruit Ambrosia Mashed Potatoes Cherry Pie |
| 25 Center is Closed  | 26 Center is Closed  | 27 Chicken Parmesan Casserole Caesar Style Salad Broccoli Cuts Sliced Apples | 28 New Year's Eve Luncheon Reservations Due 12/20 Roast Pork Loin Sauerkraut Mashed Potatoes Green Beans Diced Fruit Dessert |

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/Cancellations

Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday, Wednesday, Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:30 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:15 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area and staff availability.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.